

## ABSTRACT OF THE DISCLOSURE

A switching power supply unit includes a transformer, a switching circuit disposed on a primary side of the transformer, a self-driven type  
5 synchronous rectifier circuit disposed on a secondary side of the transformer and including a rectifier switch, and a self-oscillation stop circuit disposed on the secondary side of the transformer and adapted to turn off the rectifier switch when a voltage between opposite ends of the rectifier switch exceeds a predetermined value.

10 In the thus constituted switching power supply unit, it is possible to quickly stop self-oscillation of a self-driven type synchronous rectifier circuit without using an isolated element such as a photo-coupler or the like.